

13 November 1989

Morale, Welfare and Recreation

TRADOC RUN FOR YOUR LIFE PROGRAM

Summary. This regulation establishes eligible personnel for participation, increases mileage clubs, and establishes cutoff dates for submission.

Applicability. This regulation applies to TRADOC installations.

Supplementation. Do not supplement without prior approval from HQ TRADOC, ATTN: ATPL-FO, Fort Monroe, VA 23651-5000.

Forms. “R” forms at the back of this regulation are for local reproduction. Have them printed through your forms management officer.

Suggested improvements. Send comments and suggested improvements on DA Form 2028 through channels to Commander, HQ TRADOC, ATPL-FO, Fort Monroe, VA 23651-5000.

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1. Purpose. This regulation prescribes procedures and responsibilities for establishing a command Run for Your Life Program.

2. References. Related publications are listed below.

a. AR 215-1 (Administration of Morale, Welfare, and Recreation Activities and Nonappropriated Fund Instrumentalities).

b. DA Pam 350-18 (The Individual’s Handbook on Physical Fitness).

c. FM 21-20 (Physical Readiness Training).

3. Responsibilities.

a. HQ TRADOC will—

(1) Establish procedures for the TRADOC Run for Your Life Program.

(2) Provide guidance to and assist installations.

(3) Procure and award appropriate certificates and patches for personnel qualifying for the 1000- to 20,000-mile clubs.

b. Installation commanders will—

(1) Provide support and supervision to afford personnel participation.

(2) Designate a single staff office to sponsor, organize, and administer the program.

(3) Procure and award certificates and patches to personnel qualifying for the 50- to 750-mile clubs.

(4) Verify and retain running logs. The memorandum (TRADOC Run for Your Life Awards) as shown in fig 1 for 1,000- to 20,000-mile clubs will be forwarded to HQ TRADOC, ATTN: ATPL-FO, monthly. Installation Sports Directors will authenticate memorandums. Five miles per day is the maximum distance for certification purposes.

4. Objectives. The Run for Your Life Program objectives are to—

a. Offer opportunities for the military community to voluntarily participate in the program.

b. Establish a physical conditioning activity that can be conducted year-round.

c. Encourage installations to strive for maximum participation through dynamic leadership and publicity.

d. Create an environment in which personnel will be interested in developing and maintaining their physical fitness.

5. General. Run for Your Life Program is a voluntary participation program available to individuals and units. The program is designed for men, women, and children and establishes a physical conditioning activity that can be used over an extended period of time.

*This regulation supersedes TRADOC Regulation 28-2, dated 6 August 1984.

6. Eligibility. Active duty military, family members, and civilian personnel assigned or attached to TRADOC installations or activities.

7. Organization and administration. TRADOC Form 135-R (Run for Your Life Physical Conditioning Program Entry Application) will be used to enter the program. As participants progress, a record is maintained on the progress schedule sheet with a separate progress schedule for each phase. TRADOC Form 136-R (Run for Your Life Progress Schedule Sheet) will be used for preparatory, TRADOC Form 136-1-R (Run for Your Life Progress Schedule Sheet) for conditioning, and TRADOC Form 136-2-R (Run for Your Life Progress Schedule Sheet) for sustaining.

8. Awards. HQ TRADOC will award certificates and patches to personnel qualifying for the 1,000-, 2,500-, 5,000-, 7,500-, 10,000-, 12,500-, 17,500-, and 20,000-mile clubs.

Office Symbol of Requesting
Agency (Instl)

MEMORANDUM FOR Commander, Headquarters, U.S.
Army Training and Doctrine
Command, ATTN: ATPL-FO,
Fort Monroe, VA 23651-5000

SUBJECT: TRADOC Run For Your Life Awards

Reference TRADOC Reg 28-2, the following individual(s) are qualified to be awarded certificate(s) and patch(es) for miles attained as indicated:

RANK	QUALIFYING	DATE	DISTANCE
FULL NAME	DISTANCE		ATTAINED

FOR THE COMMANDER:

(Signature Block)

FOR THE COMMANDER:

OFFICIAL: JAMES W. VAN LOBEN SELS
Major General, GS
Chief of Staff



ROBERT E. WYNN
Colonel, GS
Deputy Chief of Staff for
Information Management

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HQDA(NGB-DAP)
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CINCUSAREUR SEVENTH ARMY (AEAGA-RN)
Commander,
FORSCOM (FCJI)
Eighth U.S. Army (CS)
AMC (AMC PE-AM)

**Figure 1. Format for Installations
(Sample Memorandum)**

RUN FOR YOUR LIFE PHYSICAL CONDITIONING PROGRAM
ENTRY APPLICATION
(TRADOC Reg 28-2)

NAME _____ RANK _____ DATE _____

UNIT _____
(Civilians - Military Members)

MILITARY SPONSOR'S NAME _____ RANK _____
(Military Dependents)

MILITARY SPONSOR'S UNIT _____
(Military Dependents)

AGE _____ WEIGHT: _____

If you are age 30 or older, complete the following sentence: I have received a medical clearance necessary to participate in the "RUN FOR YOUR LIFE" Program ☐ Yes ☐ No

FAMILY HISTORY OF HEART TROUBLE ☐ Yes ☐ No

(Check the phase at which you will begin the program)

I am entering the following phase of the "RUN FOR YOUR LIFE" Program:

☐ Six-Week Preparatory Phase ☐ Nine-Week Conditioning Phase

☐ Sustaining Phase

To the best of my knowledge I am in good health and I voluntarily elect to participate in the

"RUN FOR YOUR LIFE" Program.

(SIGNATURE)

If under age 16, parent must sign

return to _____

(TRADOC Reg 28-2)

Military Dependent: Military sponsor's name _____ grade _____
Military sponsor's unit _____

If you begin the program in the Conditioning Phase, use the form printed below.

Week	Distance	Method	Time Goals		
			Men Under 40	Men Over 40 and Women Under 40	Women Over 40
1	1 Mile	Walk	0.	0.	0.
1	1 Mile	Walk	0.	0.	0.
1	1 Mile	Walk	0.	0.	0.
2	1 Mile	Walk	13.00	14.00	15.00
2	1 Mile	Walk	13.00	14.00	15.00
2	1 Mile	Walk	13.00	14.00	15.00
2	1 Mile	Walk	13.00	14.00	15.00
3	1 Mile	Walk Run Combination	11.45	12.45	13.45
3	1 Mile	Walk Run Combination	11.45	12.45	13.45
3	1 Mile	Walk Run Combination	11.45	12.45	13.45
3	1 Mile	Walk Run Combination	11.45	12.45	13.45
4	1 Mile	Walk Run Combination	11.45	12.45	13.45
4	1 Mile	Walk Run Combination	11.45	12.45	13.45
4	1 Mile	Walk Run Combination	11.45	12.45	13.45
5	1 Mile	Walk Run Combination	11.00	12.00	13.00
5	1 Mile	Walk Run Combination	11.00	12.00	13.00
5	1 Mile	Walk Run Combination	11.00	12.00	13.00
6	1 Mile	Walk Run Combination	10.00	11.00	12.00
6	1 Mile	Walk Run Combination	10.00	11.00	12.00
6	1 Mile	Walk Run Combination	10.00	11.00	12.00

[illegible]

Upon completion of required miles for an award, return or mail complete progress sheet to _____
_____. Military Sponsor must sign progress sheets for dependents.

(Signature of participant, sponsor, or unit commander)

(TRADOC Reg 28-2)

(Do not use if Dependent)
grade

Military sponsor's unit

TIME GOALS

If the goals for any week are not attained, repeat that week's schedule until the goals are satisfied. If additional running is desired within any week, use the time goals as outlined for that particular week. Then continue in sequence to the next scheduled week. After completing the Conditioning Phase, proceed to the Sustaining Phase.

Upon completion of required miles for an award, return or mail complete progress sheet to

(Signature of participant, sponsor, or unit commander)

(TRADOC REG 28-2)

Military Dependent: Military sponsor's name _____

Military sponsor s unit _____

The desired goal during this phase is to run a minimum of 7-10 miles per week. The time goals listed below are the standards necessary to receive credit for this phase.

DISTANCE

8:30	9:30	10:30
13:00	14:30	16:00
17:00	19:00	21:00
21:30	24:00	26:30
25:30	28:30	31:30

Upon completion of required miles for an award, return or mail complete progress sheet to _____

Military sponsor must Sign progress sheets for dependents

(Signature of participant, sponsor, or unit commander)